

Among Friends



Fond du Lac Senior Center ...where friends meet!

JULY 2017

Proudly serving the Fond du Lac community for 50 years!

Happy 4th of July!

We are the Land of the Free
We are the Home of the Brave
Let's pay tribute
To our brave American Heroes
On this day and forever

Happy Independence Day!

Fun trivia facts about our Nation's birthday

Test your knowledge! Answers are upside down below.

- 1) How many people lived in the U.S. when the Declaration was signed?
- 2) Which president first held a Fourth of July celebration at the White House?
- 3) Which country gained independence from the United States on July 4th?
- 4) True or False: Thomas Jefferson changed the wording of the Declaration of Independence from "the pursuit of property" to "the pursuit of happiness."

Answers: 1) 2.5 million 2) Thomas Jefferson 3) The Philippines 4) True

2017



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Vol. 8 • No. 7

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... cloomans@fdl.wi.gov
Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at www.fdlSeniorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



Do you remember July 4th, 1976 and the Bicentennial Wagon Train? From what I remember, there were covered wagons from each of the states that journeyed back to Valley Forge and arrived on our nation's 200th birthday. I remember my parents taking us to see it – what a step back in time that was! I can't believe that was 41 years ago.

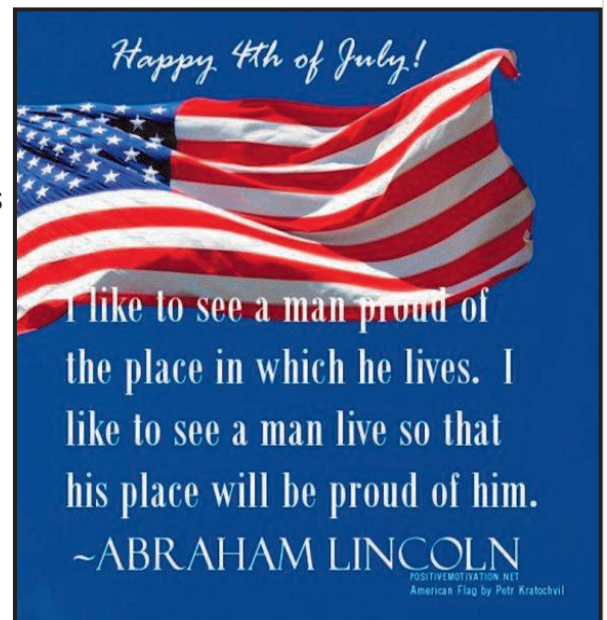


As we celebrate our nation's 241st birthday, I think it's important for us to reflect on how fortunate we are that our forefathers had the vision of what the United States of America could become. I'm sure they had plenty of naysayers and people who thought they were downright crazy, but if you think of it, most people with a vision often do. While it seems that so often we are inundated with negative news, there are a lot of great things that happen in this land, and we should definitely celebrate!

What are your favorite memories of July 4th? I always think of neighborhood picnics, sparklers, those little black snake fireworks, and going to the fireworks at night. I also think of mosquitos but that's any summer night in Wisconsin! I still remember that wagon train and thinking about what it must have been like for those early pioneers who had no idea what they were riding toward, they just had the courage to ride.

I hope you have a Happy Independence Day. Take a sparkler and write your name in the evening sky and celebrate the freedoms that we have in this great land. May our country continue to be the Land of the Free and the Home of the Brave.

Cathy





Remember to purchase raffle tickets!

If you've already sold the raffle tickets that were sent with your June newsletter, or would like more to sell to your friends, we have extra tickets for sale at our front desk.

We will award \$50 cash to the top raffle ticket seller, and \$25 cash to the second place seller (*be sure to put your name on the back of the tickets to be eligible*).

Over \$4,500 in cash and prizes will be awarded!

See page 5 for a list of prizes.

Tickets are \$1 each, or 6 for \$5

Thank you for your support!

Newsletter Crew

Editor.....Cathy Loomans
Coordinator.....Christina Thor
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Christina Thor, cth@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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www.lutheranhomesfonddulac.org

Programs & Activities

Arts & Crafts Classes



*Art is as natural as
sunshine and as vital as
nourishment.*

-MaryAnn Kohl

Beginning Card Making Class

Tuesday, July 18
2:00 pm to 4:00 pm
Cost: \$5.50 per person



Create two beautiful cards for any upcoming occasion! Christine Bertram will teach you everything you need to know about stamps, papers, inks, cutting tools & adhesives. Materials are included with the cost!

Deadline to register: Monday, July 17 at 12PM

Art Classes

Session 1: July 11, 18, 25 (no class on July 4)

Session 2: August 1, 8, 15, 22, 29

Classes we offer are:

- Acrylic & Oil Painting: Tuesdays, 10am–noon
- Drawing/Watercolor: Tuesdays, 1pm–3pm (Mixed Media is now being incorporated into the 10am and 1pm classes)



Please sign up at the Front Desk!

MaryAnn LaPine's Make-n-Take Classes

Cost: \$10.50 (all supplies included!)

Bring a friend (or two!) to paint glasses (supplied) or make your own unique jewelry! No experience needed! You will be guided by the talented MaryAnn LaPine to create your own masterpiece!

Please register and pay at the Front Desk.

Glass Painting Classes

Session 1:

Thursday, July 13 at
5:30 p.m. to 8:00 p.m.

Session 2:

Friday, July 14 at 1:00
p.m. to 3:30 p.m.

*Bring home
two wine glasses!*



Beginning Jewelry Making Class

Session 1: Thursday, July 20 at 5:30
p.m. to 8:00 p.m.

Session 2: Friday, July 21 at 1:00 p.m.
to 3:30 p.m.

*Design your own
jewelry. You can either
make a 'bracelet and
earrings' or a 'necklace
and earrings' during
this fun class!*





Bike Rides

Wednesday, July 19 at 10:30 a.m.

Wild Goose Trail on Rolling Meadows Drive

We will be biking ~6 miles to Oakfield. While in Oakfield, you have a choice of grabbing a burger if you wish.

Enjoy the outdoors with a wonderful group of people, while staying active! Bikers should bring a water bottle, money for lunch (if you want lunch) & 50¢ for donation.

July's Rain Date:

Thursday, July 20 at 10:30 a.m. Please call our front desk at 322-3630 to register!

August Bike Ride:

Wednesday, August 16 at 10:30 a.m. at the Eisenbahn Trail. We will meet in Eden on Reagan Drive by the trail. Please call us at (920) 322-3630 if you need directions. The ride will be a 10 mile minimum.

August Rain Date:

Thursday, August 17 at 10:30 a.m.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.



**Tuesday, July 25 at 12PM (Noon)
Casa Del Tequila, 515 N Peters Ave**

Consider wearing your ugliest Christmas sweater, or whatever you want!

Cost: All you can eat Taco Bar—\$9.25 ~ to be collected at the door by Hostess (tip is on your own)

Registration Deadline: Wednesday, July 19

Limit: 20 people

If you wish, we will be collecting hygiene items for donation to The Salvation Army.

NOTE: At the Christmas in July party, we will have donated Red Hats and accessories to offer.

And as always, a 50 cent donation to our Center is also collected. Please register at the Front Desk if you're interested!



Melodies and Memories Choir

Thursday, July 13

3:30– 4:30 p.m.

2nd Thursday of each month

Do you love to sing? Do you like to sing just for fun?

Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.

There is no admission fee—just stop by!

SAVE THE DATE!



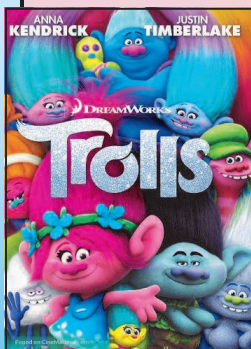
**Friday, August 11
Play UNO with the Red Hat Honeys
at our Center!!!**

**Stay tuned for more information
in the next newsletter!**

Programs & Activities

Friday Flicks with the Grandkids

Seniors are encouraged to bring their grandchildren or a special young person!



July Movie: **TROLLS**

Friday, July 21; 1:00p.m.

Summary: After the Bergens invade Troll Village, Poppy (Anna Kendrick), the happiest Troll ever born, and the overly-cautious, curmudgeonly Branch (Justin Timberlake) set off on a journey to rescue her

friends. Their mission is full of adventure and mishaps, as this mismatched duo try to tolerate each other long enough to get the job done.



August Movie: **SING**

Friday, Aug. 18; 1:00p.m.

Summary: Dapper Koala Buster Moon presides over a once-grand theater that has fallen on hard times. An eternal optimist, and a bit of a scoundrel, he loves his theater above all and will do anything

to preserve it. Facing the crumbling of his life's ambition, he takes one final chance to restore his fading jewel to its former glory by producing the world's greatest singing competition. Five contestants emerge: a mouse, a timid elephant, a pig, a gorilla and a punk-rock porcupine.

Please call the Front Desk at (920) 322-3630 to register!



BOOK CLUB

Monday, July 17 at 9:30 a.m.

BOOK OF THE MONTH: THE BONE HOUSE BY BRIAN FREEMAN

Hilary and Mark Bradley are trapped in a web of suspicion. Last year, accusations of a torrid affair with a student cost Mark his teaching job and made the young couple outcasts in their remote island town off the Lake Michigan coast. Now a teenage girl is found dead on a deserted beach, and once again, Mark faces a hostile town convinced of his guilt. Hilary Bradley is determined to prove that Mark is innocent, but she's on a lonely, dangerous quest. Even when she discovers that the murdered girl was witness to a horrific crime years earlier, the police are certain she's throwing up a smoke screen to protect her husband. Only a quirky detective named Cab Bolton seems willing to believe Hilary's story. Hilary and Cab soon find that people in this community are willing to kill to keep their secrets hidden and to make sure Mark doesn't get away with murder. With each shocking revelation, even Hilary begins to wonder whether her husband is truly innocent. Freeman's first stand-alone thriller since his 'Jonathan Stride' novels is a knockout.



Senior Center Hours

Just a reminder that our Center will be closed on Tuesday, July 4 in observance of Independence Day.

We will resume normal office hours on Wednesday, July 5.

We hope everyone has a safe and fun July 4th holiday!

NOTE: We are open on Monday, July 3.



Games! Fun! Prizes!

INTERGENERATIONAL CANDY BAR BINGO FRIDAY, AUGUST 11

Save the date! Bring your grandchildren or a special little friend and come join us for some fun playing Candy Bar Bingo!

Registration is required. Please stay tuned for more information in the next newsletter!



When I'm 65

Wednesday, July 19; 1:30 p.m.

Julie Hilbert, Benefit Specialist,
FDL County Dept. of Senior Services

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns and questions.

To register, call our Center at
(920) 322-3630.



UMBRELLA BRIGADE

Please come see the
Umbrella Brigade's
upcoming performances:

- 1) Wednesday, July 19 at 2:30 p.m.—Woodland #87
- 2) Wednesday, August 9 at 2:30 p.m.—Woodlands #77



Aging Mastery Program®

National Council on Aging



Save the Date! Thursday, August 24

"Communicating with your Doctor"

Speaker: Dr. Heather Schmidt, Agnesian

Are you interested in healthy aging? The goal of the Aging Mastery Program (AMP) is to empower older adults to make and maintain small but impactful changes!

Come join us on Thursday, August 24 to learn how to communicate with your doctor better with this FREE AMP ELECTIVE CLASS!

If you are interested in signing up for this FREE AMP class, register at the Front Desk in-person or call (920) 322-3630!



Hand Chime Choir



We are looking for new members to join our Wednesday & Thursday Hand Chime Choirs!

You must be able to:

- Read music
- Be available to rehearse from 9:00-10:00 a.m.
- Play concerts scheduled between 9:00 and 12:00 a.m.

If you'd like to get involved and meet other people who like to play music in a fun atmosphere, please contact Gail Zimmerman at (920) 924-0218 or 539-4002.

Monthly Movies



Thursday, July 6: LA LA LAND

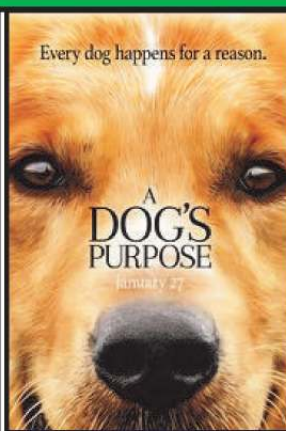
11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2016; 2 hrs 8 mins; PG-13; Comedy/Drama/Music; Starring: Ryan Gosling, Emma Stone, Rosemarie DeWitt

Summary: The story of Mia (Emma Stone), an aspiring actress, and Sebastian (Ryan Gosling), a

dedicated jazz musician, struggling to make ends meet while pursuing their dreams in a city known for destroying hopes and breaking hearts. With modern day Los Angeles as the backdrop, this musical about everyday life explores what is more important: a once-in-a-lifetime love or the spotlight.



Wednesday, July 26: A DOG'S PURPOSE

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017; 1 hr 40 mins; PG; Adventure/Comedy/Drama; Starring: Josh Gad, Dennis Quaid, Peggy Lipton

Summary: A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and

love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar). As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self.

Mark your calendar for August movies:

Friday, August 4 at 1:00 PM: The Founder

Wednesday, August 23 at 1:00 PM: The Shack

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 9 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!

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July 2017
Fond du Lac County
Senior Dining
Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Monday, July 3: Senior Dining Closed
- Tuesday, July 4: Senior Dining Closed
- Wednesday, July 5: Bratwurst on a Bun
- Thursday, July 6: Cranberry & Kraut
- Friday, July 7: Liver & Onions
- Monday, July 10: Baked Spaghetti
- Tuesday, July 11: Roast Pork Loin
- Wednesday, July 12: Chicken Teriyaki
- Thursday, July 13: Country Fried Steak
- Friday, July 14: Chef Salad with Veggies, Ham, Cheese & Sunflower Kernels
- Monday, July 17: BBQ Pork Cutlet
- Tuesday, July 18: Baked Chicken
- Wednesday, July 19: Beef Stew
- Thursday, July 20: Crispy Fish Fillet
- Friday, July 21: Swedish Meatballs
- Monday, July 24: Glazed Ham
- Tuesday, July 25: Pepper Steak
- Wednesday, July 26: Chicken Breast
- Thursday, July 27: Meatloaf
- Friday, July 28: Mush Pork Cutlet
- Monday, July 31: Baked Chicken

Come dine with friends!

Tuesday Night Dining Group

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

- July 11** Roepke's Village Inn
W2686 Saint Charles Rd, Chilton
- July 18** Publitz
580 East Avenue, Lomira
- July 25** Blanck's Supper Club
W2655 County Road Q, Johnsburg

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

For information, please call Max at (920) 269-4180

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

Thursday, July 6
Schmitt's

Thursday, Aug 3
Sunset
on the Water

Call our Center at (920) 322-3630 to pre-register!

Do you like trying new dining places, having conversations and meeting new people? Then volunteer your time to set up monthly meetings for Romeo's! Call Sarah at (920) 322-3641 if you're interested!



SUPPER CLUB

The Supper Club is a program for anyone who wants to go out to eat with friends or meet new ones! You **MUST** call our Center at (920) 322-3630 if you are interested in attending.

Shorties Sports Bar & Grill
(formerly known as Player's Bar & Grill)
W12010 Rose Eld Rd Ripon, WI
Friday, July 14

Social: 5:00 p.m. ; Dinner: 5:30 p.m.



2017 DINE OUT COUPON BOOKS

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 55 coupons from 45 different restaurants! Purchase a coupon book in the Brown Paper Packages Gift Shop today!



10 Summer Health Tips to Beat the Heat!

- 1) Drink eight or more 8 oz. glasses per day of water and/or juices every day to stay hydrated
- 2) Avoid caffeinated and alcoholic beverages because these can dehydrate you quickly
- 3) Dress appropriately and wear loose-fitting clothes in natural fabrics like cotton
- 4) When outdoors, protect your skin from damage by wearing hats, sunglasses and sunscreen
- 5) Stay indoors during extreme heat
- 6) If you don't have air conditioning in your home, go somewhere that does
- 7) Avoid extreme outdoor heat
- 8) Take a cool shower or bath to lower body temperature on hot days
- 9) Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time
- 10) Know the signs of a heat stroke and take immediate action if you feel them coming (flushed face, high body temp, confusion)

Source: <http://associatedhomecare.com/resources/10-summer-health-tips-for-seniors-to-beat-the-heat>

SUMMER CLASS SCHEDULE CHANGES:

Don't forget to check with the class instructor for any schedule changes during the summer.

CARDIO DRUMMING

There are **NO** cardio drumming classes for July and August. Please stay tuned for more information in our upcoming newsletters!



Yoga Fit with Kirsten Quam
(also the Zumba Gold instructor)

NOTE: There will be NO YOGA FIT on Saturdays for the rest of the summer. Please stay tuned for more information in our upcoming newsletters!

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian

Friday, July 14; 9:00 a.m.

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, July 14; 9:00 a.m.

No appointment needed. 12-hour fast required.
Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, August 11 FREE hearing screenings and FREE hearing aid cleaning. Please call 322-3630 for an appointment. Donations accepted.

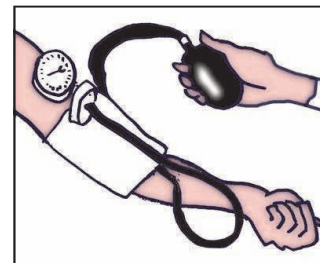
FOOT CARE (ROUTINE NAIL CARE)

Cost \$25

Sponsored by FDL County Health Department

July 6, 20, 27; Aug 3, 17, 31 (Thursdays)

Call 322-3630 for an appointment.



Balance & Body Movement Class on Fridays from 10-10:30AM

Laurence Lewis leads this ongoing weekly class which helps

participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

**NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!!**

LINE DANCING CLASS

Beginning Country Line Dancing

Thursday AMs during the summer

9am to 10:30am

Session 1: July 6, 13, 20

Session 2: August 3, 10, 24

Country Line Dancing

Thursdays

6pm to 7:30pm

Session 1: July 6, 13, 20, 27

Session 2: August 3, 10, 24, 31

**\$10 for a 4 class
punch card available
at the Front Desk!**



Hiking Group

This group meets on
Tuesdays & Thursdays at 10
a.m. Please call Ruth at
921-7192 for more
information.



Self Defense Class on Fridays from 9–10am

with Laurence Lewis
(also teaching the
Balance & Body
Movement Class)

**No registration required
Free admission, just drop in!!**

Tai Chi Classes



Tai Chi has
value in
treating or
preventing
many health
problems. This
gentle form of
exercise can
help maintain
strength,

flexibility, and balance, and could be the perfect
activity for the rest of your life!

Tuesday mornings 9:00-10:00 a.m.

Next Session: July 18—September 5

Cost: \$45.00

Participants must be able to walk without aid
and should wear loose, comfortable clothing
and tennis shoes. No partial sessions or
refunds.

Please register and pay at the Front Desk.

Bike Rides

Please see page 5 for more details!



ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards \$40.00
available from Instructor Kirsten Quam

CHAIR EXERCISE CLASSES

Men and women welcome!



**LOW IMPACT CHAIR
EXERCISE with Sarah Docter**
Mondays 9:00–9:30 a.m.

CHAIR EXERCISE VIDEO
**Wednesdays 10:00–10:30
a.m.**

Outreach

Reaching Out – Touching Lives

*Sponsored in part by
Fond du Lac Area United Way*



We are happy to announce that our Senior Outreach Program volunteers are now Dementia-Friendly certified!
Great job everyone!!!

*Thank you for all you do for our
Fond du Lac community!*

Community Cares

The next Community Cares visit will be on **Tuesday, July 25 from 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

If you would like to participate or have questions, call 322-3641. Sharing an hour of your time can make a difference in the life of a senior.

Senior Outreach Program

Outreach volunteers will meet on **Thursday, July 6 at 9:00 a.m.** at our Center for the monthly Outreach meeting.

Note: This is for Outreach Program Volunteers Only

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center, Inc.
Fond du Lac County Department of
Community Programs
Fond du Lac Area United Way
Fond du Lac Area Foundation



Do you like to make others smile?

Join one of our outreach programs to help decrease isolation in our community and make someone's day brighter! Here is a list of our Senior Outreach Programs:

Community Cares: Visit a local nursing home or assisted living facility once a month for an hour. You will go with other volunteers from our Center and visit one-on-one with residents who get few visitors. Visits are once a month or every other month.

Caring Companions: A supportive program providing companionship to seniors in the community. Volunteers are paired with a "friend" and asked to visit them for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Outreach Coordinator will match you with a client and provide training and support.

Caring Companion Community Partnerships: A supportive program providing companionship to seniors in local senior living communities. Volunteers are paired with a local nursing home or assisted living facility and asked to visit the individuals who reside there for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Center Outreach Coordinator will match you with a facility and provide training and support.

Friendly Phone Calls: A program for seniors who have limited contact with family and friends. Monday through Friday a call is placed to check in and say "Hello." Calls can be made from the comfort of your own home.

Senior Center Friendly Visits: A program that supports you in visiting seniors. You set the times. The Senior Center will provide the training and support to make it enjoyable.

Learn more about our Outreach Opportunities & how to volunteer by calling Sarah at (920) 322-3641.



ZUMBA GOLD

Mondays, 5:30PM–6:30PM

Led by Instructor Kirsten Quam, this fun group meets every Monday from 5:30 p.m. to 6:30 p.m. to work out in a fun, energetic environment! Are you looking to get involved in something new this summer? Sign up for a class today! It's \$5 for a walk-in or \$40 for a 10-class punch card (available from instructor).

Please call us at (920) 322-3630, if you'd like more information!

Fond du Lac
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July

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 3 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Golf Course 1:00 Euchre 1:00 Recreational Euchre 1:00 Poker 1:15 Sheephead 5:30 Zumba Gold | 4 <div>Center is Closed</div>  | 5 8:30 SCAMP 9:00 Hand Chimes 9:30 Ladies Golf League at Oakgreen Golf Course 10:00 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance | 6 8:00 Skat 9:00 Senior Outreach 9:00 Foot Care 9:00 Hand Chimes 9:00 Beg. Country Line Dance 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's - Schmitt's 12:30 Bridge 12:30 Mahjong 1:00 Cribbage 1:00 Flying Geese Quilters 1:00 Movie - "La La Land" 6:00 Local Parents of Angels 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Crafters Club | 7 9:00 Self Defense Class 10:00 Balance and Body Movement 1:15 Sheephead 1:30 Game Day 8 Saturday 9 Sunday |
| 10 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Golf Course 12:15 Senior Wellness Coalition 1:00 Euchre 1:00 Recreational Euchre 1:00 Poker 1:15 Sheephead 5:30 Zumba Gold | 11 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo-Sponsor: Manor Care 1:00 Mahjong 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 6:00 Winnebago Woodworkers 6:00 Coin Club 6:30 Senior Dining-Roepke's Social at 5:30 Happy Travelers Trip - Memories Theatre "Crock of Schnitzel" | 12 8:30 SCAMP 10:00 Hand Chimes at St Francis 9:30 Ladies Golf League at Oakgreen Golf Course 10:00 Jam Session - All instruments welcome 10:00 Video Chair Exercise 10:00 Senior Summer Games At Lake View Place 12:00 Hand & Foot 1:00 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance | 13 8:00 Skat 10:30 Hand Chimes at the Meadows 9:00 Beg. Country Line Dance 9:00 MPTC-Android Smartphone Basics 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 10:45 Yoga with Jeanne 12:30 Bridge 12:30 Mahjong 1:00 Cribbage 3:30 Melodies and Memories Choir 5:30 Just For Fun Glass Painting 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitches | 14 Health Screenings - Sponsored By Lutheran Hm & Agnesian 9:00 Self Defense Class 10:00 Balance and Body Movement 1:15 Sheephead 1:30 Game Day 1:00 Just for Fun Glass Painting 5:00 Supper Club-Shorties 5:00 Social: 5:30 Dinner 15 Saturday 16 Sunday |
| 17 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club 9:30 Ladies Golf League at Oakgreen Golf Course | 18 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class | 19 8:30 SCAMP 9:00 Hand Chimes 9:30 Ladies Golf League at Oakgreen Golf Course | 20 8:00 Skat 9:00 Hand Chimes 9:00 Foot Care 9:00 Beg. Country Line Dance | 21 9:00 Self Defense Class 10:00 Balance and Body Movement 1:00 Friday Flicks with the |

| | | | | | |
|--|--|---|---|--|---|
| <p>Oakgreen Golf Course</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> <p>Happy Travelers Trip leaves for Yellowstone & Glacier Adventure</p> | <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Almost Family</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Beginning Card Making</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:30 Senior Dining-Bubblitz Social at 5:30</p> | <p>10:00 Video Chair Exercise</p> <p>10:30 Bike Ride—Wild Goose Trail</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>1:30 When I'm 65</p> <p>2:30 Umbrella Brigade at Woodland #87</p> <p>7:30 Wed Night Dance</p> | <p>10:00 Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:45 Yoga with Jeanne</p> <p>12:30 Bridge</p> <p>12:30 Mahjong</p> <p>1:00 Cribbage</p> <p>5:30 Beginning Jewelry Making</p> <p>5:45 TOPS #0566</p> <p>6:00 Local Parents of Angels</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Crafters Club</p> <p>Happy Travelers Trip—Arlington Horse Races</p> | <p>Grandkids—"Trolls"</p> <p>1:00 Beginning Jewelry Making</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p><u>22 Saturday</u></p> <p><u>23 Sunday</u></p> | |
| <p>24</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> | <p>25</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:00 Red Hat Honey's "Christmas in July" at Casa del Tequila</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Rehab Arisces</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:30 Senior Dining-Blanck's Supper Club Social at 5:30</p> | <p>26</p> <p>8:30 SCAMP</p> <p>10:00 Hand Chimes at Diverse Options—Ripon</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>10:00 Jam Session -All instruments welcome</p> <p>10:00 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>1:00 Movie—"A Dog's Pupose"</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p> | <p>27</p> <p>8:00 Skat</p> <p>9:00 Foot Care</p> <p>10:30 Hand Chimes at Fountain View—Ripon</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>10:45 Yoga with Jeanne</p> <p>12:30 Bridge</p> <p>12:30 Mahjong</p> <p>1:00 Cribbage</p> <p>1:00 SALT/TRIAD</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p> | <p>28</p> <p>9:00 Friends Board</p> <p>9:00 Self Defense Class</p> <p>10:00 Balance and Body Movement</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p><u>29 Saturday</u></p> <p><u>30 Sunday</u></p> | |
| <p>31</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> | <p>Remember to purchase Raffle Tickets for a chance to win great prizes while helping to support the Friends</p> <p>Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple Store Gift Cards.</p> <p>Gift Shop is open 10-4 Monday-Friday 4-6 Thursday</p> <p>  </p> <p>Outdoor Games Equipment available to reserve and play at the Center</p> <p></p> | <p>LET'S DO LUNCH!</p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one Senior Dining day in advance by 1 p.m.</p> <p>Menus are available at the front desk or our website: fdlseniorcenter.com</p> <p></p> <p>Fellowship, Food & Fun</p> | | | <p>OFFSITE SUPPORT GROUPS</p> <p>7/10 10:00 Parkinson's Support Group- Aurora Health Care</p> <p>7/11 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</p> <p>7/18 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>Billiard Room open daily for open Pool except during league playing time.</p> <p>** All Orange Events are held Offsite</p> |

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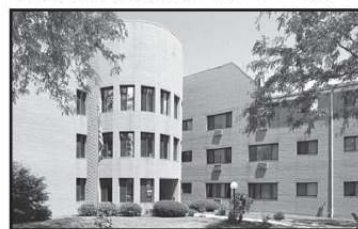
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July Concert Schedule:

Our Center's Handchime Choir will be performing around the area. Go check them out and be prepared to be amazed!!!

July 12, 2017: St. Francis Home 10:00 a.m.

July 13, 2017: Meadows Assisted Living 10:30 a.m.

July 26, 2017: Diverse Options—Ripon 10:00 a.m.

July 27, 2017: Fountain View—Ripon 10:30 a.m.

Save The Date!

SUMMER BASH

Summer Social, Annual Raffle & 50th Anniversary

Wednesday, August 30



Stay tuned for more information in our August newsletter!!!

MPTC CLASSES



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at (920) 922-8611 or 1-800-472-4554.



MPTC BASIC & RECREATIONAL CLASSES

| COURSE # | DAY | DATE | DAYS | TIME | TOTAL | INSTRUCTOR | COST (62+) | COST |
|----------------------------------|-----|---------------|-------|-----------------|---------|------------|------------|---------|
| ANDROID SMARTPHONE BASICS | | | | | | | | |
| 103-695-10207 | R | July 13, 2017 | 1 day | 09:00am-11:55am | 3 hours | K. Kraft | \$20.70 | \$26.10 |

Get more out of your Android smartphone. Learn how to adjust settings, increase battery life and use your mobile data efficiently. Learn how to download apps, movies, books and more from the Google Play store. Bring your charged Android smartphone to class.

Happy Travelers

Be a Happy Traveler... We're going places!



Happy Travelers' Office 322-3635/322-3633
happytravelers@fdl.wi.gov

Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.

Waupaca River

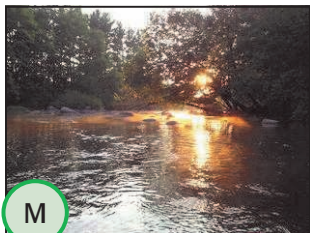
Wednesday, Sept. 13

\$60 lunch DT, dinner IN

Enjoy the beauty of the Chain O' Lakes on a relaxing two-hour Chief Waupaca paddle wheel cruise. There will be time for lunch on your

own and shopping before we depart for the cruise.

Dinner included!



M

2018 TRIP PREVIEWS FOR AUGUST!

Interested in traveling with us for 2018? Come get the highlights on one or both of these trips BEFORE you book! If you're interested in attending this free event, please call (920) 322-3630 to reserve your spot!

2018 Alaska Discovery Land & Cruise

Thursday, August 10 at 1:00 p.m.



2018 Iceland: Land of Fire & Ice

Thursday, August 31 at 1:00 p.m.



SS Badger, Frankenmuth & Ford Museum

Wednesday, August 2 to Saturday, August 5

\$575 double, \$725 single

4 days, 5 meals included!

Trip Highlights!

Day 1: Ride SS Badger across Lake Michigan

Day 2: Shop in Frankenmuth

Day 3: Greenfield Village, Ford Rouge Factory Tour

Day 4: Henry Ford Museum

Cross beautiful Lake Michigan and explore with us!



A



GIRLS WEEKEND GETAWAY!

Thurs., November 30 to Sun., December 3

\$549 double, \$679 single

4 days, 6 meals included!

Trip Highlights!

Day 1: Coach to Minnesota, meet & greet at hotel

Day 2: Shopping! Scavenger hunt, Happy Hour,

Kitchen in the Market Go Round, Relax in hot tub

Day 3: RELAX! IKEA & Dinner at a sports bar

Day 4: Head home on Amtrak



A

Stop in our office for a more detailed brochure on the two extended trips above!

Happy Travelers

19

Be a Happy Traveler... We're going places!

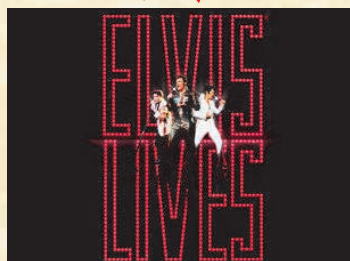
Elvis Lives

Fireside Theatre

Thursday, September 14

\$105 IN

Put on your Blue Suede Shoes and join us for a Rock 'n good time. Attend an opening night evening performance and enjoy a Signature Buffet with mouthwatering selections, followed by an outstanding performance with more surprises!!



E



Cranberry Fest

Friday, September 22

\$55 DT

Grab your shopping bags and walking shoes! We will be going for a day of non-stop shopping and fun at the Warrens Cranberry Festival!



A

SS Badger, Frankenmuth & Ford Museum Document Party
Thursday, July 13 at 1:00 PM

If you signed up for this extended trip, come pick up your document packet and meet your fellow travelers!



HOT TRIPS FOR THE SUMMER! CALL SOON TO SAVE YOUR SPOT!!!

Day Trips:

Crock of Schnitzel \$85 IN

Tues., July 11; 10:45 a.m. to 5:30 p.m.

Arlington Horse Races \$70 DT

Thurs., July 20; 7:30 a.m. to 9:45 p.m.

Wisconsin State Fair \$52 DT

Weds., August 9; 9:00 a.m. to 7 p.m.

5 Blue Haired Ladies \$85 IN

Tues., August 15; 10:45 a.m. to 5:30 p.m.

Oneida Casino & Schwarz's \$60 IN

Weds., August 23; 10:30 a.m. to 6:30 p.m.

Round Robin Restaurants \$99 IN

Weds., September 6; 10:45 a.m. to 5:00 p.m.

Lunch, drinks & boat ride included!

HURRY! Only 14 seats left!!

Yerkes Observatory/Black Point Estate

\$90 IN Tues., October 17; 9:00 a.m. to 5:30 p.m.



Extended Trips:

Colors of New England

8 Days, Tuesday, Sept. 26-Tuesday, Oct. 3

\$3429 double, \$4729 single

2018 Panama

11 Days, Thursday, Feb. 1-Friday, Feb. 9

\$3049 double, \$3749 single

2018 Great Parks of the Southwest—Train

11 Days Sunday, September 9—Wednesday,

September 19. \$2,780. DBL \$3,570. SGL

2018 Natchez

8 Days, Sunday, April 8—Sunday, April 15

\$1,669 DBL \$2,208 SGL

IN Meal is included DBL price for a double

DT Dutch Treat SGL price for a single



means this trip is an Exclusive HT Trip!

If you're a single traveler who is looking for a traveling partner for a trip, we would be more than happy to try to pair you up with someone. Please call our office today at (920) 322-3635.



www.Facebook.com/FondyHappyTravelers



Ongoing Activities

SERVICES AVAILABLE

- Free computer/Internet access for Friends members
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- FDL County Department of Senior Services Dining Program.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.



Scrip Gift Cards Available!

Let the Brown Paper Packages Gift Shop help you with your gifting and shopping! When you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!

\$25 Gift Cards from Backyard Grill, Festival, Fleet Farm Kohl's, Kwik Trip, Menards, Piggly Wiggly, Roundy's Shopko, Walgreen's & Walmart

\$10 Gift Cards from Ala Roma/Schmitt's, Buffalo Wild Wings, Culver's, Dunkin' Donuts, Faro's Friar Tucks, Gilles', McDonald's, Noodles & Co., Panera Bread, Pizza Hut, Schreiner's, Subway & Target

\$5 Gift Cards from A&W, Culver's Dairy Queen & Starbuck's

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Brown Paper Packages Gift Shop

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Christmas in July!

Join us for our month-long specials
—a new deal every week!

Our Deals for July 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|-----|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| ← 10% OFF all wooden puzzle pieces → | | | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| BUY ONE GET ONE 1/2 OFF on select yard/garden items | | | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| ← \$2 OFF all scarves → | | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| ← BUY ONE GET ONE 1/2 OFF on "HO HO HOT DEALS" → | | | | | | |
| 30 | 31 | | | | | |
| & select items → | | | | | | |

Monday—Friday 10 a.m.—4:00 p.m., Thursday evenings 4—6 p.m.
151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3638
Open to the public— Located inside the Fond du Lac Senior Center



Activities Index

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

EDUCATION

ACRYLIC & OIL PAINTING CLASS

Tuesdays at 10:00 a.m.

BEGINNING COUNTRY LINE DANCING

Saturdays at 10:00 a.m.
(June-Aug: Meets on Thursday Mornings)

DRAWING & WATERCOLOR CLASS

Tuesdays at 1:00 p.m.

COUNTRY LINE DANCING

Thursdays at 6:00 p.m.

GROUPS

BOOK CLUB

Monday, July 17 at 9:30 a.m.
More details on page 6.

CHAR-TASTIC CRAFTERS

1st & 3rd Thursday from 6–8 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES \$4.00 donation
Wednesday 7:30–9:30 p.m. Call
Caroline at 920-929-9333 for info.

GAME DAY

Fridays at 1:30 p.m.

GENEALOGY

Wednesdays at 1:00 p.m.
(No Meetings until September)

GERMAN CLUB

Mondays at 1:00 p.m.
(No Meetings until September)

HANDCHIME CHOIR

Wednesdays/
Thursdays at 9:00 a.m.

JAM SESSION

2nd & 4th Wednesdays
at 10:00 a.m.



MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30 p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m. Call Nancy at
920-923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m. Call
Laura at 920-923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Good
Deed Gals, Umbrella Brigade &
more. The cost is \$5 annual dues; a
free newsletter telling of chapter
activities is also available at the
Front Desk!

RED HAT HONEYS CHOIR

Fridays at 10:00 a.m.
(June-August: No Regular Sessions)

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.
(except March, July and December)

TOPS (Take Off Pounds Sensibly)

Chapter #0566
Thursdays at 5:45 p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.
General meeting held at the FDL
Senior Center

Other Tuesdays from 6:00-8:00 p.m.
Workshop meetings at Horace Mann
High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for
more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.
(No Meetings until September)
*The Memories Writers meet to share and
preserve life experiences and family history.
New members welcome!*

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00 a.m.

BIKE RIDE

See page 5 for more details!

CARDIO DRUMMING

Tuesdays at 3:15 p.m.
(No Meetings in July and August)

HIKING/WALKING CLUB

Tuesdays and Thursdays at
10:00 a.m.

LADIES GOLF LEAGUE

Mondays and Wednesdays at
9:30 a.m. from May-August

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00 a.m.

SELF DEFENSE

Fridays at 9:00 a.m.

TAI CHI

Tuesdays at 9:00 a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00 a.m.

YOGA FIT

Saturdays at 9:00 a.m.
(No Meetings June-Sept)

YOGA WITH JEANNE

Thursdays at 10:45 a.m.

ZUMBA GOLD

Mondays at 5:30 p.m.



Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

MEETINGS

AARP MEETING

3RD Thursday at 1:30
(No Meetings until September)

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m.

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.
Meets at Aurora Health Care Center

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.
Meets at the Rolling Meadows Family Restaurant

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.
Meets at Aurora Health Care Center

RECREATION

CARD GAMES

BRIDGE \$1 donation

Tuesdays: 12:30 p.m.
For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced
For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CRIBBAGE

Thursdays at 1:00 p.m.

RECREATIONAL EUCBRE

Mondays at 1:00 p.m.

REGULAR EUCBRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 **Mondays at 1:15 p.m.**

Jack of Diamonds

Wednesdays & Fridays at 1:15 p.m.

Black Queens

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

OTHER ACTIVITIES

BINGO 50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: Fond du Lac Lutheran Home
2nd Tuesday (odd months): Manor Care
2nd Tuesday (even months): Harbor Haven
3rd Tuesday (odd months): Almost Family
3rd Tuesday (even months): The Meadows
4th Tuesday (odd months): Rehab Arisces
4th Tuesday (even months): Lincoln House
5th Tuesday: Visiting Angels

MAHJONG

Tuesdays at 1:00 p.m.
Thursdays at 12:30 p.m.

POOL

Open Pool daily during the summer
Pool League Tuesdays 8 ball &
Wednesdays 9 ball Sept-April

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)
Subs also needed for league play



SPECIAL EVENTS

MOVIES

1ST Thursday and 3RD Wednesday at 1:00 p.m.
(Dates could vary)

SALT/TRIAD

(Seniors and Law Enforcements Together)
4TH Thursday at 1:00 p.m. odd months

ROMEO'S

(Retired Old Men Eating Out)
1ST Thursday at Noon – Restaurant
Varies

SUPPER CLUB

Dates vary, please check the "Dining" section in the Newsletter for more details – Restaurant Varies



Now that it's summer time, some activities may not meet regularly. If you're not sure if a particular group is meeting this month, please give us a call at (920) 322-3630 and we'd be more than happy to help you!

Community Announcements

SALT/TRIAD MEETING

(Seniors and Law Enforcements Together)

Thursday, July 27, 1:00 PM to 2:00 PM

Speaker: Amber Kilawee from the Fond du Lac Area United Way

SALT/TRIAD meetings

- are on the 4th Thursday of every odd month at the Fond du Lac Senior Center
- focus on community safety, and include police and/or fire department updates
- invite a guest speaker on a topic of community interest
- include roundtable discussions by community providers
- are free to attend and open to the public, all ages are welcome

Check out the SALT/TRIAD bulletin board in the hallway (across from the kitchen) for information on senior safety.

Fond du Lac County Caregiver Conference

A Day of Education and Support for Those Who Care

Tuesday, September 26, 2017

8:30 - 3:30

Holiday Inn, Fond du Lac, WI

For more information contact Ginny Nyhuis at gnyhuis@alz.org or 920-838-1311.

Respite care options may be available.

Contact Lori Anderson at 920-906-4792.

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SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, July 27; 6:30—7:30 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, July 18; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*

Thursday, July 6 & 20; 6:00-8:00 p.m. (1st & 3rd Thursdays)
Fond du Lac Senior Center, 151 E. First Street ~ Room 1

**The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!*

PARKINSON'S SUPPORT GROUP

Monday, July 10; 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, July 11; 8:30 a.m. (2nd Tuesday)
Rolling Meadows Family Restaurant
947 S. Rolling Meadows Drive



Don't forget to mark your calendars if you signed up!

Senior Summer Games

Wednesday, July 12

10:00 a.m. to 1:30 p.m.

Location: Lake View Place

Sponsored by the Senior Wellness Coalition:

Aging and Disability Resource Center, Agnesian HealthCare, Fond du Lac Lutheran Homes, Fond du Lac Senior Center, Frontida Assisted Living, Generations Home Care and Hospice Inc., Harbor Haven Health and Rehabilitation, Heartland Hospice, Lake View Place, Lincoln House Assisted Living, ManorCare Health Services, Rehab Arisces, Visiting Angels







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2017 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2017 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

| | |
|--|--|
| NAME(s) (both, if couple) | |
| MAILING ADDRESS (with apt #) | |
| CITY, STATE, ZIP | |
| PHONE NUMBER | |
| BIRTHDATE (optional) | |
| E-MAIL (absolutely confidential) | |
| <input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i> | |

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2017 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

July 2017 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

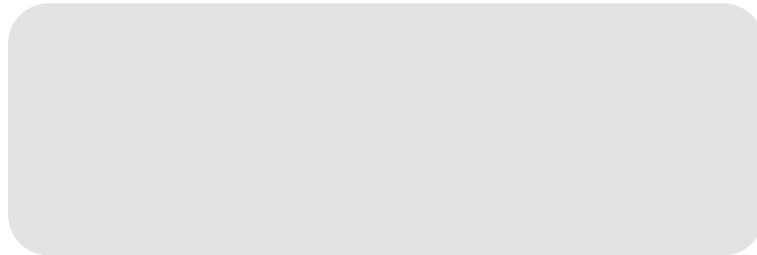
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cloomans@fdl.wi.gov

TRAVEL CO-COORDINATOR

Mary Schneider 322-3635

TRAVEL CO-COORDINATOR

Vicki Wiesner 322-3633

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Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641

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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.